

Testimony in support
LD 811, “An Act to Improve the Equity and Affordability of Sexual and Reproductive Health
Care Provided by Family Planning Health Centers”
Joint Standing Committee on Health and Human Services
March 25, 2022

Senator Claxton, Representative Meyer, and members of the Health and Human Services Committee, my name is Jenna and I submit this testimony in support of LD 811.

I currently live in Presque Isle, Maine. Maine Family Planning helped me in more ways than I could write on this paper. It started in 2017. I was living in Arizona with my boyfriend, who is now my husband. He’s from Madawaska, and we decided to move to Maine to be closer to his family. For me, this would be my first time living in Maine. I was born and raised in New York and was only living in Arizona for about a year and a half. I officially became a Maine resident on October 1st, 2017.

With all this excitement, I still had a few ongoing issues not a single doctor could pinpoint. By December 2017 I had my menstrual cycle for 3 months straight. I put on approximately 100 pounds in a year, and according to several blood tests my liver was extremely weak. I wasn’t working at the time, so my (soon to be) mother-in-law suggested I make an appointment with Maine Family Planning in Fort Kent.

My initial appointment, and every appointment after has been with Christina. After diagnosing me with PCOS, or PolyCystic Ovary Syndrome, she fully explained what it is, what it means to have it, and what to do next. Christina suggested I start the medication Metformin but informed me I would need a primary doctor. After finding a primary doctor he ran a few more blood tests, and I started Metformin in the beginning of 2018.

Along with dieting, and Christina’s diagnoses I have lost over 125 pounds. My liver, including all blood tests are back to normal. After over a year of trying, my husband and I were able to give birth to a very healthy (and handsome) baby boy in 2020. I have continued to see Christina every year for my follow ups.

With that said, PCOS is an ongoing battle. The next sector of my diagnoses I have recently learned about is the strong possibility of have an increase in your testosterone levels. I have spent well over 15 years trying to figure out my issue with anxiety, and agitation and have seen several doctors in regard to it. Over the years, I have been diagnosed improperly on several occasions, and given medication I do not need.

After my final attempt with yet another anxiety medication I started researching other causes online. That’s when I stumbled upon more information on PCOS and the (almost unspoken) issues that have arisen from hormonal imbalances. I promptly set up an appointment with Christina towards the end of 2021. After providing me with a few options I chose to start the medication Spironolactone. We increased the medication in January of this year.

This has been a life-changer in itself! When I would get upset, angry, sad, or start to feel any negative emotion I would start to develop (what I call) a rage ball in my chest. Nothing could break it, and it was causing several panic attacks that I was having an extremely hard time preventing.

I would like to personally thank Christina, and Maine Family Planning for their care, support, and life changing help. Thank you, from the bottom of my heart.

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